

ABSTRACT

Title of the diploma: Complex nutrition typology - an effective form of weight reduction?

Objectives: Evaluation of effectiveness of complex nutrition typology during weight reduction. Overall characteristics of metabolic typology and typologies, which influence determination of metabolic type. Comparison of metabolic typology with general healthy eating recommendations published by the Society for Nutrition (2012).

Methods: Analysis and comparison of literature with obtained information, comparison of metabolic typology with general nutrition recommendations. The application of theory through survey completed by clients of complex nutrition typology. Evaluation of results of the survey.

Results: Creation of overall characteristic of complex nutrition typology and results of analysis on effectivity of this method during weight reduction. Outcome of the research has confirmed the effectivity of complex nutrition typology during weight reduction.

Keywords: Metabolic type, body weight reduction, racional diet, dietary guidelines.